

3 Easy Ways to enroll in SilverSneakers

Because we know you're unique, SilverSneakers offers many different ways to get the activity you need to stay healthy and independent. It's never been easier to take control of your health with the SilverSneakers® Fitness Program.

We've got you covered!

Questions?

1-888-423-4632

(TTY: 711)

Monday - Friday,

8 a.m. to 8 p.m. Eastern

www.silversneakers.com



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#1 SilverSneakers at a participating location

As a SilverSneakers member, you'll receive a basic fitness membership and access to nearly 10,000 participating locations. **To get started**, visit www.silversneakers.com to find your closest location then present your SilverSneakers ID card or health plan ID card at the front desk.

At your SilverSneakers location you may have:

- access to weights, treadmills and pools where available
- optional group SilverSneakers classes led by certified instructors
- health education seminars and fun social events



#2 SilverSneakers Online

We make it easy for you to be part of a thriving and secure online community. At www.silversneakers.com/member, we provide a comprehensive, easy-to-use wellness resource for eligible members of health plans that include SilverSneakers as part of their benefits.

Once you've signed up you will have access to all the features including:

- **nutrition**, fitness and health improvement plans and trackers
- health-related articles and recipes
- **virtual exercise** video demonstrations
- streaming video of SilverSneakers classes
- **advice** from experts in exercise, nutrition and life skills, and much more!



Registration is easy, so get started now!

1. Go to www.silversneakers.com/member.
2. Have your health plan ID card handy, select "Click Here" and follow the instructions on the page.

#3 SilverSneakers® Steps

SilverSneakers Steps is a personalized fitness program for members who don't have convenient access to a SilverSneakers location. After registering as a Steps member on www.silversneakers.com/member you'll receive a kit with tools to help you get fit, including resistance bands, an exercise DVD and "how-to" material. Call **888-423-4632 (TTY: 711)** to find out if your health plan offers SilverSneakers Steps.

